

In Season:



Strawberry!



NUTRIENTS IN STRAWBERRIES:

Vitamins: C and folate and antioxidants.

SELECTION:

Choose shiny, firm strawberries with a bright red color. Caps should be fresh, green, and intact. Avoid shriveled, mushy, or leaky berries.

STORAGE:

Do not wash strawberries until ready to eat. Store in refrigerator for 1-3 days.

QUICK FIX TIPS:

- Dip fresh berries in melted chocolate for a special treat.
- Top angel food cake with sliced berries and low-fat vanilla ice cream.
- Freeze whole strawberries, grapes, and bananas. Blend with orange juice, adding just enough to make a frozen puree. Garnish with a mint leaf and serve.

Banana-Berry Pancakes

Prep Time: 20 Minutes

Serves: 4

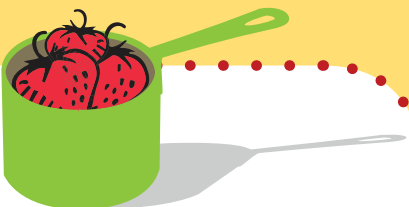
Cups of Fruits and Vegetables per Serving: ½

Ingredients:

- 1 large banana, peeled and sliced
- 1 cup complete pancake mix
- ½ cup water
- nonstick cooking spray
- 1½ cups frozen strawberries (unsweetened)
- 2 tbsp strawberry jam

Preparation:

1. Place banana in a medium bowl and mash with a fork.
2. Add pancake mix and water; stir until blended.
3. Spray a large skillet with non-stick cooking spray over MEDIUM heat.
4. Pour ¼ cup batter for each pancake into hot skillet.
5. Cook pancakes for about 2 minutes per side or until cooked through.
6. Place berries in a small bowl with jam and microwave on HIGH for 1 minute.
7. Stir, then cook for 1 minute more.
8. Spoon topping over pancakes.



Nutritional Information per Serving:

Calories:197; Total Fat:1.8g; Dietary Fiber:3g; Sodium:397mg

Recipe is courtesy of Produce for Better Health Foundation (PBH).



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